

Onions

There are many kinds of onions. They can be eaten raw, steamed, baked, fried, or grilled. Small bulb onions may be eaten whole. Colors are primarily purple, white, or yellow. They have many health benefits, some of which are most beneficent when eaten raw.

In fact, one of the best ways to help your sinuses drain is to slice an onion. On those dry, backed up nose, winter days, keep an onion on hand to slice. If dexterity does not allow slicing onions, having some pre sliced and frozen is the next best thing. A quart bag of frozen sliced onions will keep a long time in the freezer, and it is easy to break apart the amount you need. If you heat raw onions in the microwave to soften them, only heat about 20 seconds at a time, or they may catch on fire.

Onions are generally included in dishes, or as a garnish. Sometimes, when I just don't feel like eating, fried onions and mushrooms will awaken my senses and make me hungry.

Note: Onions can be used in a variety of dishes. However, they can also be an allergen to people and deadly to pets. Interestingly, allergies to onions may be to only one type of onion, such as raw onions, or dried onions, though not both.

Note: Also, pets should never be fed onions, or dishes containing onions. They can be a toxin, especially to dogs. That doesn't mean you should panic if a 65 pound dog accidentally eats a piece smaller than your fingernail. Call a veterinarian if you think your dog or cat has ingested onions. Even onions in the yard can be a hazard. Though most animals leave them alone.